

Sports Nutrition Certification

Date: Sunday June 19th

Time: 9AM–5PM

**Westminster Family
Fitness Center**

11 Longwell Ave
Westminster MD 21157

To REGISTER, CONTACT:

AAAI/ISMA

PHONE: 609 397 2139

Tuition:

\$99 (pre-registration)

**Seating is limited to 20 people.
Register Before June 17th.**



This seminar will provide you with a wealth of nutrition information to help you stay healthy and exercise at your maximum potential. Whether you are in the fitness field, or want to learn more to stay healthy, this workshop is sure to help.

The Presenter:

Joe Cannon, MS, CSCS, NSCA-CPT is an exercise physiologist, personal trainer, author and lecturer. Read more about Joe at

www.Joe-Cannon.com

Major Topics included:

- Nutrition & exercise
- Nutrition & health
- How much protein?
- Vitamins & minerals
- Amino acids—including glutamine & arginine
- New information about supplements
- All about diets
- Antioxidants & free radicals
- Nutrition Myth busting

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